

## DRINK HOT WATER BEFORE BREAKFAST

Says you really feel clean, sweet and fresh inside, and are seldom ill.

If you are accustomed to wake up with a coated tongue, foul breath, a dull, dizzy headache, or, if your meals sour and turn into gas and acids, you have a real surprise awaiting you.

Tomorrow morning, immediately upon arising, drink a glass of hot water with a teaspoonful of limestone phosphate in it. This is intended to first neutralize and then wash out of your stomach, liver, kidneys and thirty feet of intestines all the indigestible waste, poisons, sour bile and toxins, thus cleansing, sweetening and purifying the entire alimentary canal.

Those subject to sick headaches, backache, bilious attacks, constipation or any form of stomach trouble, are urged to get a quarter pound of limestone phosphate from your druggist or at the store and begin enjoying this morning inside-bath. It is said that men and women who try this become enthusiastic and keep it up daily. It is a splendid health measure for it is more important to keep clean and pure on the inside than on the outside, because the skin pores do not absorb impurities into the blood, causing disease, while the bowel pores do.

The principle of bathing inside is not new, as millions of people practice it. Just as hot water and soap cleanse, purify and freshen the skin, so hot water and a teaspoonful of limestone phosphate act on the stomach, liver, kidneys and bowels. Limestone phosphate is an inexpensive white powder and almost tasteless.—Adv.

**Difficulty in the Way.**  
"I say, old boy, lend me an X."  
"Would I could, dear chap, but there's an algebraic difficulty in the way."  
"What is it?"  
"An X with me is an unknown quantity."

## DO YOU NEED A KIDNEY REMEDY?

Dr. Kilmer's Swamp-Root is not recommended for everything, but if you have kidney, liver or bladder trouble, it may be found just the remedy you need. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in the form of a gentle healing herbal compound—a physician's prescription which has proved its great curative value in thousands of the most distressing cases according to reliable testimony.

All druggists in 50c and \$1.00 sizes. You may have a sample size bottle of this always reliable preparation by Parcel Post, also, by mail, telling about it. Address Dr. Kilmer & Co., Birmingham, N. Y., and enclose ten cents, also mention this paper.—Adv.

**Making Munitions.**  
One of the most remarkable things about the war is that a woman can with a few hours of instruction, apparently master a trade that it took a man years to learn.—Kansas City Journal.

## "CARDUI IS A SPLENDID TONIC"

Says Boyd Lady in Telling of Her Experience With Cardui. Recommends It to Others.

Boyd, Ala.—"About six years ago," writes Mrs. Emma McBride, of this place, "I got run down in health. My weight went down to less than 140, and I am a large woman, and have large bones. My usual weight is much more. I got a very bad complexion and was dark under my eyes."

"I kept getting worse all the time, would be so very nervous, that, at times, I'd have nervous chills. Couldn't rest well at night, for some time. I suffered great pain in stomach or lower abdomen, hips, left side, and back, also had a dull headache. I could hardly do my work at all, could only drag around all the time, and finally for 3 weeks I was confined to my bed and suffered great agony all the time."

"Mrs. —, of Boyd, recommended that I take Cardui. I began using it, and when I started on the second bottle, I could see that I was getting a whole lot better. After using the third bottle, I felt I didn't need any more medicine whatever. I never had another nervous spell after taking the Cardui. It's a splendid tonic. I do hope women suffering as I did will use it."

If you suffer as this lady did, try Cardui, the woman's tonic. For sale by all druggists.

**Nothing So Elaborate.**  
"Is that memorial they propose to put up to Joan of Arc in New York to be an equestrian statue?"  
"Oh, no, it's just going to be a figure of her on horseback."

## POTASH FERTILIZER FROM BLASTING.

One of the surprising things of the last few years has been the way in which farmers have taken to the use of explosives. Blasting for the purpose of the prevention of erosion has been done to an enormous extent, according to local newspapers in different sections of the country.

In the western states alone more than ten millions of pounds of farm powder were used in soil washing. For the whole of the United States the figures stand much higher than ten times this amount. The breaking of hardpan is one of the big reasons for blasting soil, but in almost any soil, blasting about conditions of aeration, of drainage and moisture structure, necessary to set free the locked-up potash in soils. The whole subject of the securing of potash and other plant foods by intensive tillage is covered in a book called "Better Farming," published by the Atlas Powder Company, Wilmington, Del. This book is the highest authority and the most complete statement of the subject in print. Write for it. You can get a copy free by just giving the acreage of your farm on a postcard or in a letter accompanying your name and address. Adv.

An ounce of get-up-and-get is better than a pound of that tired feeling.

Insensibility to fear often averts danger.

## HOMETOWN HELPS

RIGHTLY PROUD OF CITY

Great Metropolis of New York Worthy Admiration Accorded It by All Americans.

New York, as the incoming foreigner, full of prejudice, or doubt, or hope, and the returning American, crammed with guide book and catalogue culture, see it, or might see it, rises a vision, a mirage of the lower bay, the color by day more shimmering than Venice, by night more magnificent than London.

In the morning the mountains of buildings hide themselves, to reveal themselves in the rosy steam clouds that chase each other across their flanks. When evening fades they are mighty cliffs glimmering with glistening lights in the magic and mystery of the night. As the steamer moves up the bay on the left the Great Goddess greets you, a composition in color and form with the city beyond, finer than any in any world that ever existed, finer than Claude ever imagined, or Turner ever dreamed. Why did not Whistler see it?

Piling up higher and higher right before you is New York. And what does it remind you of? San Gimignano of the beautiful towers away off in Tuscany, only here are not eleven, but eleven times eleven; not low, mean brick piles, but noble palaces crowned with gold, with green, with rose; and over them the waving, fluttering plumes of steam, the emblem of New York. To the right, filmy and lacelike by day, are the great bridges; by night a pattern of stars that Hiroshige never knew.

You land in streets that are Florence glorified. You emerge in squares more noble than Seville. Golden statues are about you, triumphal arches make splendid frames for endless vistas; and it is all new and untouched, all to be done, and save for the work of a few of us, and we are Americans, all undone.

The Unbelievable City, the city that has been built since I grew up, the city beautiful, built by men I know, built for people I know. The city that inspires me, that I love. And all America is like this, and all—nearly all, unseen, unknown, untouched.—Joseph Pennell, in Scribner's Magazine.

## TO HAVE SUCCESS WITH PEAS

Some Things About Their Planting and Care That the Amateur Gardener Must Remember.

Peas naturally require cool weather and are likely to do badly if planted after weather gets hot. They are about the first seeds to go into the ground.

One peculiarity of peas is that they require to be planted quite deep to do best. How far apart to run the rows depends on the kind of peas being grown. If the low growing varieties are to be grown they may be planted in rows not more than fifteen inches apart. The taller varieties may need to be planted thirty inches apart. The low-growing varieties have never given the writer satisfaction and he will grow them no more. The medium sized vines will produce more peas and continue to produce longer, but they have to be "brushed," that is, sustained with brush.

In buying peas to grow for the use of the family do not select small ones like the Alaska. This variety is a great one for the canneries, for they cater to the hotel and restaurant trade, which demand small peas, as they make a better show.

**Bungalow Not Always Cheapest Form.**  
Contrary to the general impression, a bungalow is not the cheapest form of house construction. Comfortable and attractive these dwellings undoubtedly are, when built under favorable conditions, but cheap? No! Quite the reverse.

For to be entirely successful a bungalow must be low and rambling, covering a considerable plot of land and with plenty of ground on all sides. This necessitates a large building site, and a greater amount of cellar and roof than is required in the cottage type of house.

On small lots, tightly crowded into rows, bungalows become merely one-story flat buildings, and as such are most uninteresting.

## Advertising German Cities.

German cities have hit upon a new scheme for advertising themselves. It is in the form of a brief description of the city on the back of a regular mailing envelope. Harry G. Seltzer, American consul at Breslau, Germany, recently sent a sample to the bureau of foreign and domestic commerce at Washington.

## Publicity Avoided.

"So you have figured in another automobile accident?"  
"Yes, but it wasn't very serious this time."

"Why, I heard your car was completely wrecked and two young women in the party suffered injuries."

"Oh, yes. That's true, but we managed to keep the story out of the newspapers."

## Much-Abused Lad.

"Stop crying, Bobbie. Now tell mamma how that brute of a Jimmy Smithers hurt you."

"Just as I wuz goin' t' punch him he ducked, and I skinned my fist on the wall."

## Up-to-Date.

Tessie—You are very impertinent. Of course I won't let you kiss me. I've only known you an hour.  
Tom (looking at watch)—Well, how much longer must I know you before I can kiss you?

## LOST TROOPS FROM KING GEORGE'S ESTATE



A mystery hangs over the fate of the gallant members of the Fifth Norfolk regiment who made a wild charge into a Gallipoli forest and have since been lost to sight and sound. All the eligible men of King George's Sandringham estate enlisted as a body in the regiment. The king personally knew practically every member of the company. The photograph shows the "march out" of the company before its departure for the Dardanelles.

## FRENCH WOMEN HELP

66,449 Enlisted Under Banner of the Red Cross.

They Come From Well-to-Do Homes and Have Exhibited Rare Heroism in Devotion to Duty—Equip 1,500 Hospitals.

Paris.—There are now 66,449 women in the French Red Cross volunteer army, equipping 1,500 hospitals with an aggregate of 118,000 beds. The Red Cross flag now flies above 238 buildings in Paris alone.

The Society for Aid to Wounded Soldiers, the largest of the three Red Cross organizations and the originator of the work in France in 1864, expended \$2,000,000 (\$6,400,000) during the first seventeen months of the war. The society has operated 796 hospitals, with 67,081 beds, and given a total of 21,000,000 days' care to wounded soldiers. Besides these hospitals the society maintains a hospital of 500 beds at Saloniki, ninety-three refugees established in the sixth and twentieth military regions in France, seventy infirmaries in railroad stations and forty-five railroad canteens.

The cost of maintenance of hospitals varies so much that it is difficult to establish average cost per capita per diem, but as near as can be calculated this society has brought its cost down to a little more than three francs (sixty cents) a day.

The Union des Femmes de France, the second in importance of the Red Cross societies, has 28,446 nurses, equipping 355 hospitals, with 29,000 beds, while the Association des Dames Francaises has 16,000 nurses, in 350 hospitals, with 22,000 beds.

The mortality among the Red Cross nurses has been remarkably heavy considering the character of their work and the immunity they are supposed to enjoy under the international regulations. Twenty-two members of the Society for Aid to the Wounded Soldiers have given their lives to the cause, some of them killed under shell fire, others carried off by contagious diseases. The nurses of this society have received sixty-three epidemic medals, sixty war crosses and one cross of the Legion of Honor.

The first Red Cross victim of the war was Mlle. Susanne Gilles, who fell at Luneville with her chest torn by the fragments of a shell that burst inside the hospital ward where she was attending wounded. The next was Mlle. Cagnard, at Cambrai, who is declared to have been shot point blank.

## CONGRESSMAN'S DAUGHTER



Miss Mary Archer is the pretty daughter of Congressman Carter Glass of Lynchburg, Va. She is popular and active in the affairs of the younger congressional set in Washington.

## INVENTS ANTI-WIRE GLOVES

Englishman Devises Method of Handling Entanglements Without Danger.

London.—Among the inventions now being tested by the war office officials is one credited to George Lynch, a well-known traveler, of a method of destroying wire entanglements.

The Westminster Gazette, describing the invention, says the method consists of the use of a pair of gaunt-

## HEAD STOPS SHELL

Private in Yorkshire Regiment Keeps on Smiling.

Recovery Amazes Surgeons Who Remove Large Piece of Metal From Forehead and Another From Behind Left Cheek.

London.—During the present war medical men have reported many remarkable cases of the recovery of wounded men—cases where a fatal termination seemed inevitable—but it is doubtful if there has been any as astonishing as the case of Private G. A. Dawson of the Tenth Yorkshire regiment, who is now in the King George Military hospital, Stamford street, S. E.

Private Dawson has caused so much interest among members of the medical profession that he has been seen by scores of leading surgeons.

Enough shell has been removed from Private Dawson's head to kill many men. As Kipling said of the late Lord Roberts:

"If you stood 'im on 'is 'ead You could spill a quart o' lead."

But with it all this "Tommy" is able to sit up in his bed, and he is one of the brightest and cheeriest souls in the ward.

Private Dawson, who is the son of a news agent of Bishop Auckland, Durham, went to France with his regiment last year, and after serving five months in the trenches he was wounded on December 12.

He was in a village behind the lines which was being shelled, and before he could get to his "dug out" a shell knocked him out.

Unconscious, he was taken to the base hospital, and there, from a great hole in the center of his forehead directly above his nose, there were removed a large piece of shell, a piece of wood and part of his cap. For 20 days Dawson hovered between life and death. His face became swollen and black and nothing the surgeons could do seemed to reduce the swelling.

On December 31, Dawson was removed to a hospital at Boulogne, and there he was put under the X-rays immediately on his arrival. In the private's left cheek was found a large piece of shell, which must have entered through the hole in the forehead and passed down the side of the nose.

On New Year's day Private Dawson was operated upon again, and this piece of shell, which weighed two and three-quarters ounces, was removed by the way it had entered, so that there should not be a scar of any sort on the private's cheek.

The piece of shell—about a quarter of an inch thick, with torn and jagged edges—is a relic prized greatly by Private Dawson. Another remarkable feature about the case is that by a further operation recently at the King George hospital the sight of his left eye was saved.

To use his own expression, the piece of shell, when passing into his cheek, "turned the lens of my left eye over."

A celebrated ophthalmic surgeon has righted the lens of the eye, and in a

few days Private Dawson will be able to see again with his left eye.

## GIRL WOULD BUILD WARSHIP

Cannot Be a Soldier So She Starts Movement to Raise Fund for Battleship.

New York.—Marjorie Sterrett, a thirteen-year-old girl of Brooklyn, has started a movement among school children to raise a patriotic fund to build an American battleship. She earned the first time for the fund by helping her mother in her housework, and sent the money with a letter to a New York newspaper.

Because she's a girl and cannot be a soldier she wants to do something for her country, for which her grandfather and great-grandfather fought.

"I am a true blue American," says Marjorie, "and I want to see Uncle Sam lick all creation if he has to, like John Paul Jones did."

The New York school children have taken upon the idea with a whoop and already have sent in thousands of dimes.

President Roosevelt has written her a remarkable letter commending her patriotism, and sending her ten dimes, one for each of his four grandchildren already born and the six others he hopes for in years to come. Marjorie has refused offers of \$250 for this letter.

**Drove Wolf Into Town.**  
Barren, Wis.—A wolf that had been chased all day by four young men was finally driven into the city, where it created panic among pedestrians on the main street. William Brown, a farmer, soon dispatched the animal.

## Doctor Is Robbed.

Chicago.—Automobile bandits robbed Dr. A. H. Levitan of his jewels and money but let him keep his bag when he pleaded he was en route to attend a stork case.

## Remedy Prescribed by Many Doctors

Compound of Simple Laxative Herbs Proves Most Efficient.



MR. CHAS. SCHELL.

Dr. W. A. Evans, writing for the Chicago Tribune, makes the assertion that practically everyone, at some time or other, suffers from constipation. This applies regardless of age or condition in life.

The congestion of stomach waste in the bowels is evidenced in various ways; bloating, eructation of foul stomach gases, sick headache, languor, all indicate constipation, and call for prompt attention, not only to relieve the present discomfort but also to avoid possible disease that follows neglect of this important function.

Harsh cathartics and violent purgatives should not be employed, as these afford only temporary relief, while they serve to shock the entire system. A mild laxative such as Dr. Caldwell's Syrup Pepsin is far preferable and is now the remedy generally used and prescribed by many doctors. It is free from opiate or narcotic drugs, acts easily and pleasantly, without griping or other pain and is a safe, effective family remedy.

Mr. Chas. Schell, 132 Church St.,

Grenada, Miss., writes that he found relief himself by using Dr. Caldwell's Syrup Pepsin and now keeps it on hand for family use. A bottle of Dr. Caldwell's Syrup Pepsin should have a place in every family medicine chest. A trial bottle can be obtained, free of charge, by writing to Dr. W. B. Caldwell, 203 Washington St., Monticello, Illinois.

## What His "Story" Would Be.

A certain well-known dignitary of the church, who is noted for his caustic wit, early earned his reputation for saying sharp things.

One of the guests at an undergraduate party, years ago in Oxford, sang a song very much out of tune. Then the future bishop was called upon.

"I haven't a note in my voice," said he.

"Well, if you can't sing, you must make a speech or tell a story," declared the host.

"If I must tell a 'story,' said he, with a twinkle in his eye. "I think I should say that I should like to hear our friend sing that song again!"

## YOUR GRAY, FADED OR GRAY-STREAKED HAIR EVENLY DARKENED WITHOUT DYES

Do this: Apply like a shampoo Q-Ban Hair Color Restorer to your hair and scalp, and dry hair in sunlight. A few applications like this turn all your gray, faded, dry or gray-streaked hair to an even, beautiful dark shade. Q-Ban also makes scalp and entire head of hair healthy, so all your hair (whether gray or not) is left soft, fluffy, lustrous, wavy, thick, evenly dark, charming and fascinating, without even a trace of gray hair showing. Insist on having Q-Ban, as it is harmless—no dye—but guaranteed to darken gray hair or money returned. Big bottle 50c at druggists' or sent prepaid. Address Q-Ban, Front St., Memphis, Tenn.—Advertisement.

Doctor Israel, the surgeon who operated on the sultan of Turkey, received a fee of \$30,000.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

Eccentricity is not necessarily insanity.

## BACKACHE, RHEUMATISM

Dear Mr. Editor:

For a long time I suffered from backache, pain in left side, frequent urination (bothering me at all times during the day and night), and the uric acid in my blood caused me to suffer from rheumatism along with a constant tired, worn-out feeling. I heard of the new discovery of Dr. Pierce, of the invalids' Hotel, Buffalo, N. Y., called "Anuric." After giving "Anuric" a good trial I believe it to be the best kidney remedy on the market today. I have tried other kidney medicines but these "Anuric Tablets" of Dr. Pierce's are the only ones that will cure kidney and bladder troubles.

(Signed) HENRY A. LOVE.  
NOTE:—Experiments at Dr. Pierce's Hospital for several years proved that "Anuric" is 37 times more active than lithia. Send Dr. Pierce 10c for trial package.

## Beginning of the End.

"You can cook, I suppose?" queried the leap-year maid who was feeling her way to a proposal.

"No," was the frank reply, "I never even attempted it. My parents never raised me with a view to seeking a job as cook."

**Whenever You Need a General Tonic Take Grove's**  
The Old Standard Grove's Tasteless Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

**Railroading Thought.**  
"What's the matter with that speaker's train of thoughts?"  
"I think he's switched it off to another line."

**Great Relief.**  
"The movies have brought about one improvement, at any rate."  
"And what is that?"  
"In a slap-stick comedy the screen comedian can't evoke a few feeble laughs by insulting the orchestra leader."

## RECIPE FOR GRAY HAIR.

To halt pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and remove dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy and does not rub off.—Adv.

## Mutual.

Knicker—Nature abhors a vacuum.  
Bocker—Well, a vacuum generally abhors nature.

## If Your Baby Has Croupy Cold Joplin Mothers Can Advise You

They Recommend the "Outside" Application of Vap-O-Rub Instead of Harmful Internal Dosing.

Intelligent mothers everywhere realize that little children should be dosed sparingly, and yet some treatment for cold troubles is necessary. Joplin, Mo., mothers have solved this problem by the use of Vap-O-Rub. This is the "external" Southern treatment introduced here last winter. Applied at night over the throat and chest, the heat of the body releases the ingredients in the form of vapors, and thus the medication is inhaled with each breath through the air passages to the lungs. Vap-O-Rub gives quicker relief than internal medicines, and can be used freely with perfect safety on the smallest child.

Mrs. Mabel Hawkins, 1407 Pearl St., Joplin, writes—"My druggist sent me

a trial jar of Vick's Vap-O-Rub, and my baby girl, eleven months old, had a severe cold and was threatened with pneumonia. I applied Vap-O-Rub on her throat and chest well, and covered with a warm flannel cloth, and it worked like magic. I have four small children and now if they get croupy in the evening I rub them with Vick's Vap-O-Rub Salve—and that is all that is necessary."

Mrs. J. W. Drew, 822 Ohio Ave., Joplin, says—"I have used Vap-O-Rub frequently on the whole family with splendid results. I think it much better than internal medicines."

Mrs. S. M. Black, 206 Moffett Ave., Joplin, writes—"Last spring I had a very deep cold with a bad cough and sore throat. The first night I used Vap-O-Rub the soreness left my throat, and the third day after I had begun to use my cough, cold and sore throat all were gone. I think it better than anything I have ever used for colds."

Three sizes—25c, 50c and \$1.00.

## VICK'S VAPORUB SALVE